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## Norwood Recreation Contact Information

### Office Location and Mailing Address:

165 Nahatan Street Norwood, MA 02062

### Office Information

Phone: 781.762.0466

Fax: 781.769.6254 or 781.278.3037

Website: [www.norwoodma.gov](http://www.norwoodma.gov)

### Office Hours:

#### September –Mid-May:

Monday Through Friday: 6:00am-9:45pm

Saturday (starts 10/18 to mid-May) : 8:00am-4:45pm

#### Mid-May through Mid-September:

Monday Through Friday 6:00am-6:45pm

Saturday **Closed**

### Facebook:

"Like" the Norwood Recreation Department on Facebook for updated information.



## Recreation Department Staff

<b>Gerald Miller</b>	<b>Superintendent of Recreation</b> <a href="mailto:gmler@norwoodma.gov">gmler@norwoodma.gov</a>
<b>Linda Berger</b>	<b>Recreation Program Director</b> <a href="mailto:lberger@norwoodma.gov">lberger@norwoodma.gov</a>
<b>Howard Weinstein</b>	<b>Recreation Administrator</b> <a href="mailto:hweinstein@norwoodma.gov">hweinstein@norwoodma.gov</a>
<b>Lee Kennedy</b>	<b>Administrative Assistant</b> <a href="mailto:lkennedy@norwoodma.gov">lkennedy@norwoodma.gov</a>
<b>Mike Halpin</b>	<b>Maintenance/Craftsman</b> <a href="mailto:mhalpin@norwoodma.gov">mhalpin@norwoodma.gov</a>
<b>Mark Brown</b>	<b>Senior Custodian</b>

## Recreation Program Closures

February 15th	President's Day
March 25th	Good Friday, half day
April 18th	Patriot's Day
May 30th	Memorial Day
July 4th	Closed in observance of Independence Day
September 5th	Labor Day

## Norwood Recreation Department is a proud member of:

National Recreation & Park Association  
Massachusetts Recreation & Park Association  
American Park & Recreation Association  
Metro West Regional Group

## Town Elections

The gym will be closed at 1:00pm the day before each scheduled election to allow for set up. If elections fall on a Monday, the gymnasium will close the Friday prior at 1:00pm. The gym will be closed this year scheduled on Friday, April 1st-Monday, April 4th.

**The Town of Norwood prohibits the use of alcohol or drugs while involved in town programs or on town premises. Anyone in violation is subject to disciplinary action, from warning to letter of disinvite.**

## Membership Rates

Norwood Residents Only

Proper photo ID and proof of residency is required at time of purchase.

	Adult	Family
1 Month	\$15.00	
3 Months	\$40.00	
6 Months	\$75.00	
1 Year	\$145.00	\$200.00
1 Mo MbrshipFit Combo	\$35.00	
3 Mo Mbrship FitCombo	\$80.00	
6 Mo Mbrship FitCombo	\$135.00	
1 Year Mbrship FitCombo	\$240.00	

Family membership is defined as two adults over the age of 21 plus children who live in the household, under the age of 21.

Each individual will be issued a KEY FOB once you purchase a membership. Each time you enter the facility, you must swipe your card under the bar code reader at the front office. Lost cards result in a \$5 replacement fee.

## Daily Charge

If you wish to use the facility, fitness area or basketball courts, you must pay a daily fee if you don't have a membership. Day pass key FOBs will be issued with proper photo ID and proof of residency. If you've been issued a FOB and cannot locate it, a replacement card will be issued for \$5.

	Norwood	Westwood
Seniors (ages 62+):	Free	\$1.00
Adults:	\$5.00	\$6.00
College (Must have valid FT college ID)	\$1.00	\$2.00
Youth (Grades K-12):	\$0.50	\$1.00

## Age/Dress Regulations

Must be at least 16 years of age, unless supervised by parent/guardian, and be dressed in proper fitness attire. No street clothes are permitted in the facility.

## Participant's Code of Conduct

**Equal Access:** No participant shall, on the basis of race, creed, national origin, or disability be denied access to programs, activities, services or benefits, or be limited in the exercise of any right, privilege, advantage or opportunity.

**Behavior:** Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make Recreation Department programs safe and enjoyable for all participants. Additional rules may be developed for particular programs as deemed necessary by staff.

**Participants Shall:** Show respect to all participants, volunteers and staff. Refrain from foul language. Refrain from causing bodily harm to other participants, volunteers and/or staff. Show respect for all equipment, supplies and facilities.

**Discipline:** A positive approach will be used when determining disciplinary action. The Norwood Recreation Department reserves the right to dismiss a participant. Each situation will be evaluated on its own merit.

## 3,000 SQ. FT. CO-ED FITNESS AREA

30 free weight stations

High/low lat machine	Decline/Incline Bench
Preacher curls	Dip bars
Roman chair	Squat rack
Exercise balls	Medicine balls
Smith machine	Multiple flat benches
Standing leg curl	Glute master
Leg press	Bench Leg sleds
Olympic plates =3,000 lbs	
50 Dumbbell sets 3 lbs-120 lbs	

## Cardio Equipment Includes:

2 Rowers	2 Steppers
2 Recumbent bikes	7 Treadmills
4 Cross trainers	2 Upright bikes
13 Fitness stations	4 Elliptical machines

## GROUND FLOOR

Welcome to the Norwood Civic Center, home of the Norwood Recreation Department. We are a full service Community Center, with much to offer. Our main office is located on the ground floor of 165 Nahatan Street. Here, you can enroll in a program, rent a meeting room, obtain field permits, purchase pool passes and gym memberships, and more. The ground floor also houses offices, meeting rooms, men's/women's locker rooms with sauna and showers, our workout facility, and multipurpose fitness and exercise room.

## FIRST FLOOR

Our main attraction here is the gymnasium that houses many programs. In our gym, we offer activities such as basketball, floor hockey, art classes, special programs, and so much more. The first floor also has meeting rooms with a capacity of 45 people, a fully- equipped kitchen, and a full service arts and crafts room. Many of our programs and community meetings happen here.

## SECOND FLOOR

The second floor is home to the School of Dance, with a studio and parents' room. It also serves as a space for Zumba. Also located on this level is the dedicated Lydon Suite in honor of Anne and Dr. Roy Lydon, where many programs and groups meet.



## OPEN GYM

Stop by and shoot some hoops. Schedule varies with programs and building hours. Please pick up a basketball gym schedule at the Civic. Youth in elementary school need to be accompanied by adult. Entrance fee is \$0.50 per youth.

You must bring a valid Norwood School ID so we can issue a youth day pass key FOB, which you will then need to bring each time you come to the Civic. Key FOB is free, but if you lose it, it will cost \$5 to get a new one! **Must bring FOB or you won't be let in to use the facility.**

Learn about upcoming classes, special events, cancellations and more. **"LIKE"** the Norwood Recreation Department on Facebook and receive current information about what is going on.

facebook



Have a talent? We are always trying to improve our offerings. The Recreation Department is looking for instructors to share their talents. Come to the Civic and complete an employment application and course proposal form. Who knows? Your class may be featured in the next Program Guide!

## NORWOOD RECREATION DEPARTMENT MISSION STATEMENT

The mission of the Norwood Recreation Department is to provide a variety of programs, activities and events that enhance the quality of life and promote the physical, mental, and social well being of each individual served.

## Hello Baby

Do you or a friend want to announce a new special addition to your family? The Norwood Recreation Department has a special stork to display in your front yard. Comes in blue or pink.

Fee: \$10, return the stork within three days get \$5 back.

## Moms & Tots

The Norwood Moms/Tots Cooperative is a playgroup for children ages 1-5, as well as an informal support group for parents. The group meets for an hour and a half at the Norwood Civic Center from September through June on weekday mornings. Members choose which day during the week they want to attend. The cost is \$75 per year. If you would like more information, please contact Katie Neal-Rizzo at momsandtots.norwood@gmail.com.

## Flashlight Egg Hunt

Grades: 2-5

Search for candy-filled eggs in the dark during our 4th Annual Spring Flashlight Egg Hunt. Bring your own flashlight or glow sticks and have a visit with the Easter Bunny.

Friday, March 18th

8:00pm-all the eggs are gone!

\$5.00 per person



OD36

Balch Softball

## Easter Egg Hunt

OD38

Ages: Tot- Gr. 1

Kathy Burt Shackoy Field NHS

Search for filled eggs and enjoy a visit from the Easter Bunny. New location this year-come to the FRONT lawn of the Norwood High School! Drop off your eggs and register with the Willett School PTO or at the Norwood Recreation Department! Donations for bags of wrapped candy will be accepted at the Recreation Department. Registration in advance is strongly encouraged!

Saturday, March 12th

10:00am: Tots

10:15am: Grades K-1

Fee: \$5.00 per person



## Norwood Community Wellness Fair

Ages: All

Norwood High School Gymnasium

Looking for a boost? Want to feel better everyday? Stressed? More than a few pounds to lose? Winter blues? We've got you covered! Come meet a variety of local providers who have worked with people just like you and helped improve their health and overall wellness. An all ages fair-children, adults and seniors, this is for you! Let's get healthy together!

Saturday, March 12th

10:00am-1:00pm

FREE!

## Spring Session 2016

	Week One	Week Two	Week Three	Week Four	Week Five	Week Six	Week Seven	Week Eight	No Class	Make-Up
Monday	3/14	3/21	3/28	4/4	4/11	4/25	5/2	5/9	4/18	5/16
Tuesday	3/15	3/22	3/29	4/5	4/12	4/26	5/3	5/10	4/19	5/17
Wednesday	3/16	3/23	3/30	4/6	4/13	4/27	5/4	5/11	4/20	5/18
Thursday	3/17	3/24	3/31	4/7	4/14	4/28	5/5	5/12	4/21	5/19
Friday	3/18	4/1	4/8	4/15	4/29	5/6	5/13	5/20	3/25, 4/22	5/27
Saturday	3/19	3/26	4/2	4/9	4/16	4/30	5/7	5/14	4/23	5/21

**Norwood Recreation Summer Fair****Ages: All****Norwood High School Gymnasium**

While attending the Wellness Fair, visit our booth to talk to some of our camp leadership team, about great options for children this summer, with the Norwood Recreation Department.

**Saturday, March 12th****10:00am-1:00pm****FREE!****CPR****Ages: 12+**

Learn the life saving skills of CPR and the Heimlich Maneuver to treat adults, children, or infants suffering from sudden cardiac arrest, heart attack, stroke, choking, or other serious illness or injury.

**Wednesday, March 16th****6:00-9:30pm**

Fee: Res: \$45.00/person NR: \$55.00/person

Min/Max: 10/40

**OD64****TBD****First Aid****Ages: 12+**

The goal of this course is to emphasize the importance of accident prevention, the need for first aid training, and appropriate first aid skills to utilize in case of an emergency.

**Wednesday, March 23rd****6:00-9:30pm**

Fee: Res: \$45.00/person NR: \$55.00/person

Min/Max: 5/12

**OD65****TBD****EGG-cellent Egg Dying****Ages: All****Willet Room**

Each participant will have the opportunity to dye six eggs and bring them home in time for the holiday.

**Please reserve by Monday, March 21st** so we can provide adequate materials.

**Thursday, March 24th**Group 1: 3:30pm-4:15pm **OD80**Group 2: 4:15pm-5:00pm **OD82**

\$10.00 per person

**Behn Basketball Clinic****Grades 1-5****BB01****Civic Gymnasium**

This camp is a great opportunity for boys and girls of all skill levels to improve their basketball skills and gain confidence. Players will be divided by gender and age. Players will learn shooting technique, ball handling, passing, rebounding, boxing out, offensive skills, defensive skills and team play. Skills will be re-enforced in game play. The goal is for each player to improve at basketball and to have fun.

**Tuesday, April 19th****9:00am-12:00pm**

Res: \$25.00 NR: \$35.00

Min/Max: 10/30

**F.A.S.T. Vacation Multisport****Grades 1-5****FA02****Civic Gymnasium**

Get up, get going, get active with F.A.S.T. athletics.

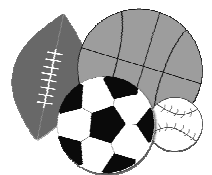
During the program, children will participate in a variety of activities including Soccer, Basketball, Flag Football and Kickball. Proper stretching and warm-up games will be introduced daily.

**April 20th-April 22nd**

Wednesday-Friday, 9:00am-12:00pm

Res: \$70.00 NR: \$90.00

Min/Max: 10/30



**Couponing Basics****Adult****Willett Room**

Have you ever seen one of those extreme couponing shows and wondered how people can get all that stuff for free? Here is your chance to learn the coupon basics that will get you geared up to be an expert shopper.

This 2-hour class will teach how to get items for free, save hundreds on your monthly groceries, save money on gas, build a healthy stockpile of non perishables and show you where to get the coupons

**Monday, April 25th**

7:00-9:00pm

\$20 per resident

**Fishing Derby & Rubber Duck Race****Ages: 15 & under****Hawes Pool**

Enjoy a South Norwood tradition and catch over 300 stocked fish. Hot dogs and free drinks will be served at the Fishing Derby. Rubber Duck races will begin at approximately 4:20pm. Help support the fishing derby and cheer your duck on. Winner will receive a prize! Ducks will be on sale at the Civic one week before the event.

**Saturday, April 30th**

3:00-5:00pm

\$5.00 for Fishing Derby

\$5.00 per Rubber Duck

**2nd Annual Mother's Day Sweethearts Dance****Ages 3+****Civic Gymnasium**

You love our annual Father/Daughter Dance, so why not give the moms and sons their own special night? Calling all moms, aunts, grandmas and more... bring your special guy for a magical evening. This semi-formal event will be a great time for all to enjoy! New this year, each couple will get a ticket for a special mother-son caricature!

**Friday, May 6th**

6:30pm-8:00pm

Fee: \$15.00 per couple (1 adult, 1 child) **MS01**\$5.00 each additional person **MS02****CB13****Mother/Daughter Princess Tea****Ages: 3-8****Willett Room**

Wear your most beautiful princess gown to the royal tea party, where you will enjoy lunch, games and projects fit for a princess. Register on or before Thursday, April 30th.

**Saturday, May 7th**

10:30am-12:00pm

Res: \$20 /child & adult **OD68**

NR: \$30/child &amp; adult

\$5.00 each additional guest **OD70****Norwood Sportsman Fishing Derby****Ages: under 15****Guild Pond**

Spend a morning at Ellis Pond with friends and catch some fish!

**Saturday, May 14th**

9:00-11:00am

\$2.00 per child

**Touch A Truck****Ages: 2-8****Norwood Municipal Lot**

Kick off the celebration for National Public Works Week with this timely tradition! Here is your chance to climb on, check out, and act like you are driving a big rig! Norwood Police, Fire, Airport, and DPW will supply lots of trucks for your enjoyment!

**Saturday, May 14th**

9:30am-12:30pm

**FREE!****Norwood Farmers Market:****2016 season: Opens June 14th- October 4th!**

Visit our website at [www.norwoodfarmersmarket.com](http://www.norwoodfarmersmarket.com) or LIKE us on Facebook to learn more about our market





## Use Nature As Your Guide

In its fourth year in Norwood, the Massachusetts Department of Conservation and Recreation invites you to explore over 449,000 acres of land right in your own backyard. Reserve the Park pass up to one week in advance to access one of the 50 DCR parks or beaches for free.

Leave a \$5 deposit and the deposit is returned when you return the pass by 9:00am the following day. If the pass is lost or not returned, you will be charged a \$35.00 replacement fee.

For a list of participating parks, visit [www.mass.gov/dcr/northeast.htm](http://www.mass.gov/dcr/northeast.htm)

## Norwood Family Flick

**Ages: All**

**FM Pool**

Bring chairs, blankets and a picnic dinner or snacks and enjoy a great family movie night under the stars. Movie will be family friendly and start at dusk.

To be respectful to our neighbors, please park your vehicle at the Savage Center.

**Wednesday, July 20th**

**FREE!**



## Jr. Women's Family Nights

**Ages: All**

**Walter J. Dempsey Bandstand**

Norwood Jr. Women's Group will be hosting a family event on certain Tuesday evenings after Independence Day and before Labor Day this summer. Please look for a calendar of events by Mid-May with dates and performances. If you want to get involved in the Jr. Women's Club, please visit their website at [www.norwoodJWC.org](http://www.norwoodJWC.org).

### SAVE THE DATE:

#### Norwood Day Fireworks:

Friday, September 9th 2016, 6:30-8:45pm

#### Norwood Day:

Saturday, September 10th 2016, 9:30am-3:00pm

- Buttons will go on sale in August at the Norwood Recreation Department
- Booth Applications will be available at the Norwood Recreation Department and online after Memorial Day.
- Sponsorship opportunities available. Visit our website, [www.norwoodma.gov](http://www.norwoodma.gov) to learn more!

## Day of Hope Carnival

**Ages 5-12**

**Hawes Pool**

Enjoy the morning at our Day of Hope Carnival at the Hawes Pool area. Pony rides, games, dunk tank, bouncy house, ice cream eating contest and more! All proceeds go to the Circle of Hope Foundation.

**Friday, July 29th**

10:00am-12:00pm

\$5.00 per person

Fee can be paid directly on-site



## Tot Fitness

**Ages: 18 months-5 years**

**Lydon Room**

Learn basic coordination skills, tumbling steps, stretch and strength of body through parachute activities and playground games to get your little one moving. Instructed by Robin Shaw.

**Monday, 9:30-10:15am**

Ages 18 mo-2 years **TW07**

**Monday, 10:15-11:00am**

2 year olds **TW08**

**Monday, 11:00-11:45am**

3-5 year old **TW09**

Dates: 3/14-5/9, 8 weeks (No class 4/18)

Fee: Res: \$68.00 NR: \$78.00



## Preschool Prep

**Ages: 2.5-3 years**

**Lydon/Art Room**

Get your child ready for preschool with this drop-off class that includes fitness, crafts, snack and stories. Get your errands done. \*\* Parents will need to return if a diaper needs to be changed. Instructed by Marie Kidd.

**Tuesday, 9:15am-11:00am**

Dates: 3/15-5/10, 8 weeks (No class 4/19)

Res: \$120.00 NR: \$130.00

Min/Max: 5/7

## Icky, Sticky, Goopy, Art

**Ages: 2-4 years**

**TW25  
Art Room**

All the fun projects that you want your kids to do- just not in your house! We will paint with shaving cream, use fingerprints and handprints to paint, and even make homemade slime and play dough. Get ready to get messy! Instructed by Marie Kidd.

**Wednesday, 9:00-9:45am**

Dates: 3/16-5/11, 8 weeks (No class 4/20)

Res: \$60.00 NR: \$70.00

Min/Max: 6/12

## March into Spring

**Ages: 3-5 years**

**Art Room**

Welcome Spring by celebrating Dr. Seuss' birthday, creating flowers, painting rainbows and other seasonal activities. Enjoy stories and crafts to celebrate the season. Class is instructed by Marie Kidd.

**Wednesday, 10:00-10:45am TW12**

Dates: 3/23-5/18, 8 weeks (No class 4/20)

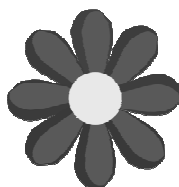
**Friday, 9:15-10:00am TW14**

Dates: 4/1-5/27, 8 weeks

(No Class 3/25, 4/22)

Res: \$60.00 NR: \$70.00

Min/Max: 6/12



## TW30 Tot Karate

**Ages: 3-4 years**

**Willett Room**

This popular program is now available for the younger ones, too! Great introduction to developing confidence and coordination while learning self-defense skills from a fifth-degree black-belt. Instructed by Excel Martial Arts.

**Wednesday, 11:00-11:30am KT58**

**Wednesday, 3:30-4:00pm KT60**

Dates: 3/23-5/18, 8 weeks (No class 4/20)

Res: \$64.00 NR: \$74.00

Min/Max: 6/10



## Rockin' Tots

**Ages: 0-4 years**

**TW18  
Willett Room**

Little ones get to explore rhythm, tonal patterns, and harmony in a variety of musical styles. This class is similar to Tot Music, but strives to provide a variety of material to entertain siblings, babies and everyone in tow. Instructed by Joe Hart.

**Thursday, 9:15-10:00am**

Dates: 3/17-5/12, 8 weeks

(No class 4/21)

Res: \$64.00 NR: \$74.00

Min/Max: 7/15



## Tot Music

**Ages: 15 month-3 years**

**TW20  
Willett Room**

Toddlers learn basic music skills through a variety of age-appropriate songs and exploration of musical instruments, jumping, singing and parachute games. Instructed by Joe Hart.

**Thursday, 10:15-11:00am**

Dates: 3/17-5/12, 8 weeks (No class 4/21)

Res: \$64.00 NR: \$74.00

Min/Max: 7/15



## Gymnastics

GY15

**Age: 4 (Must be 4 on or before Sept 1st)**

Back by popular demand... gymnastics is back at the Civic! Students will have fun learning basic tumbling skills and be introduced to various pieces of apparatus which will improve their gross and fine motor skills. No experience necessary. Wear a leotard and everything else is provided! This class is a 25-week progressive class and culminates with a performance on the last date. Instructed by Erica Malinowski and Katie Taggart.

**Thursday, 3:30-4:15pm**

Fee: Resident: \$190 NR: \$220

\* Fee can be broken down into three payments.

## Stem Explorers

**Ages: 3-5 years**

TW04

Art Room

Math + Science = Fun! Stories, crafts and experiments will give little ones a hands-on lesson in counting, water movement, weather, and much more while geoboards will introduce basic shapes. Instructed by Marie Kidd.

**Friday, 10:15-11:00am**

Dates: 4/1-5/27 (No Class 4/22)

Res: \$60.00 NR: \$70.00

Min/Max: 6/12

## Lil Rockers!

**Ages 2-4**

LR17

Lydon Room

Knucklebones' Lil' Rockers will get your child moving through dance, music making and unique props. Each week, your coach will create a class filled with stretches, music (both live and recorded), games and activities. From scarves, ribbons, parachutes and all types of musical instruments, to balancing stones, hula hoops and much more, this class encourages self-expression, movement, gross motor development and fun! Instructed by Knucklebones!

**Friday, 11:00am-11:45am**

Dates: 4/1-5/13, 6 weeks

Resident: \$79 per person NR: \$89 per person

Min: 8 Max: 15

**knucklebones**  
for the love of play!

## F.A.S.T. Athletics PK Mini Sport

FA30

**Ages: 3-6**

Civic Gymnasium

This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and basketball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work! Each class F.A.S.T. Athletics will have new and exciting games planned for the students.

**Friday, 5:00-6:00pm**

Dates: 4/29-6/3, 5 weeks (No class 5/6)

Res: \$70.00 NR: \$80.00

Min/Max: 10/16



## Mommy (or Daddy) & Me Hand Print Art

**Ages: 1-4**

Art Room

Have some quality time with your little one and help them cultivate their creativity. This class is all about process and exploring art with hand prints, and even sometimes, footprints!

**Saturday, 10:00-10:45am HP10**

Dates: 3/19-5/14, 8 week session

No class 4/23

Res: \$80.00 NR: \$90.00

Min/Max: 5/8

## Mummy & Me UK Petite Soccer

**Ages: 2-5**

Civic Gymnasium

Is your child ready to play soccer? This is a great way to socialize, build confidence, and learn ABC's of soccer, athleticism & agility, balance and coordination. Instructed by UK Petite Soccer. A shirt is included in registration fee. (Daddy's are welcome to participate).

**Saturday, 9:00am-9:45am (4-5 year old) PS10**

**Saturday 10:00-10:45am (3 year old) PS20**

**Saturday 11:00-11:30am (2 year old) PS30**

Dates: 3/19-4/30, 5 week session

(No class 4/2, 4/23)

Res: \$70.00 NR: \$80.00

Min/Max: 10/20



## Thundercats Spring Tot Jam

**Ages: 2-3 years with parent**

**Civic Gymnasium**

Thundercat Sports tot version of our popular Sports Jam! In this program, kids will participate with a parent or guardian. Sports include t-ball, basketball, softie hockey, tag games, and kick ball. Basic skills and concepts will be taught, and the emphasis will be teaching kids the concept of playing a sport. Games and other activities sprinkled in include – finding the Nemo, Car Lot, You've Got Mail, Shark Attack, Thunder relays and more! This program is designed to be fun for both child and parent, and is an excellent bonding experience. Bring a water bottle or two and comfortable clothes to run around in. Parent participation required.

**Saturday, 1:00-1:45pm**

Dates: 3/19-5/7, 6 week session

(No class 4/2, 4/23)

Res: \$79.00 NR: \$89.00

Min/Max: 10/16



**TC50**

## Thundercats Spring Mini Jam

**Ages: 4-5 years**

**Civic Gymnasium**

Perfect for the sports lover, our Sports Jam focuses on, Basketball, Tball, and Floor Hockey. In addition to our main sports, you'll enjoy familiar and unique games such as Dodgeball, and Flag Games. At each session we'll introduce new skills and play games that reinforce those skills. The program is designed to promote self-esteem through sports and to be FUN!

**Saturday, 1:50-2:50pm**

Dates: 3/19-5/7, 6 week session

(No class 4/2, 4/23)

Res: \$79.00 NR: \$89.00

Min/Max: 10/16



## LETS PLAY T-BALL!

**Ages: 3 & 4 (Must be 3 by May 1, 2016)**

Learn the basics of America's Sport– Baseball! Volunteer coaches bring their knowledge and love of the game to our young ball players. Players will go through drills that focus on hitting, base running, throwing and fielding. There will be a maximum of 12 players per team. Class is five weeks in length and teams will be randomly assigned. League starts at 9:30am and class is 45 minutes in length. Participants will be assigned a 45 minute slot between 9:30am-11:30pm.

Each child will receive a hat and team shirt. Please bring a T-ball glove. All other equipment is provided. Program will be held at the Winslow Field.

**Saturday, May 7th-June 11th, 5 weeks**

(No program during Memorial Day weekend)

Res: \$55.00 per person

**TB10**

## VOLUNTEER HELPERS NEEDED!

We need volunteers to organize a T-Ball team on **Saturday mornings!** No prior experience in the game needed! Each team will have one coach with no more than 12 players.

Have a friend? Even better! The two of you can coach together! Please come to the Civic and see Linda Berger or email lberger@norwoodma.gov. All volunteers must complete a CORI and attend a volunteer meeting prior to the start of the season.



## Kids Cook

Grades: K-2

In this class, you will learn how to make delicious treats such as pies, cookies, cupcakes and more. You then will be able to take home your tasty treats. Instructed by Mary Taggart.

**Tuesday, 3:30-4:30pm**, 8 weeks

Dates: 3/22-5/17 (No Class 4/19)

Res: \$72.00 NR: \$82.00

Min/Max: 6/8

## Kids Spring Tennis Nights

Ages: 7-12

Coakley Tennis Court

Norwood Community Tennis Association presents this program in collaboration with the Norwood Recreation Department. Kids will have fun hitting balls, while learning a game they can play for a lifetime. Game and drills will be taught by experienced players teaching the basics; stance, grip, forehand and maybe even backhand. If you have a racquet, great! If not, we will have loaners available!

**Tuesday, 6:00-7:30pm**

Dates: 4/26-5/31, 6 weeks

Res: \$45.00 NR: \$55.00

Min/Max: 6/20



## Karate

Ages: 5-14 years

KT62

Willett Room

Great introduction to developing confidence and coordination while learning self-defense skills from a fifth-degree black belt. Instructed by Excel Martial Arts.

**Wednesday, 4:00-4:45pm**

Dates: 3/23-5/18, 8 weeks

(No class 4/20)

Res: \$64.00 NR: \$74.00

Min/Max: 6/15



## KC50

Kitchen

## Review the Baseball Fun-damentals

Ages: 6-12

Civic Gymnasium

Get a head start on the baseball season by attending these clinics. The main purpose of these clinics will be to review baseball fundamentals of fielding, throwing, pitching, catching, and hitting. Each child will participate in some basic drills, and coaches will provide recommendations for each player on how they can improve their game. There is a reason why the word 'fun' is part of 'fundamentals'. The better you can perform the 'fundamentals', the more 'fun' you will have. And that is the ultimate goal! Right? Please bring your glove. Note: Softball players are more than welcome! Sponsored by the Norwood Diamond Club and is four weeks in length.

**Tuesday, 6:30-7:15pm**, Ages 6-9 **BB10**

**Tuesday, 7:20-8:05pm**, Ages 10-12 **BB20**

Dates: 3/8-3/29, 4 weeks

Res: \$35.00 NR: \$45.00

Min/Max: 10/25



## Track & Field Training, Level 1

Grades: 1-5

Norwood High School Track

Run, jump, throw! Join All-American coaches Matt and Jill Kerr in a fun and fast-paced environment. Young athletes will develop a wide range of dynamic skills to enhance speed, strength, coordination and endurance. Developing these skills in track & field benefits children of all abilities and also translates to success in other sports.

**Wednesday, 6:00-7:00pm**

Dates: 4/27-6/8, 6 weeks (No class May 11th)

Res: \$45.00 NR: \$55.00

Min/Max: 10/20



## Thundercats Flag Football

**Ages: 7-13 years**

**Prescott Field**

Thundercat Sports after school flag football program is a great way to have some fun playing America's favorite sport. Each week we will spend 15-20 minutes going over a skill, and doing some quick drills to practice that skill, then the last 40-45 minutes of class will be a scrimmage. Some skills will include, throwing, running, receiving, de-flagging and kicking/punting.

Experienced coaches with a passion for the game will make sure this is a wonderful experience for your child. Co-ed program. Please bring sneakers or cleats, a water bottle, and wear comfortable athletic clothing.

**Wednesday, 3:45-4:45pm (7-10 year olds) TF10**

**Wednesday, 4:45-5:45pm (11-13 year olds) TF15**

Res: \$79.00 NR: \$89.00

Dates: 4/27-6/1, 6 weeks

Min/Max: 10/20



## Gymnastics

**Grades: K-1**

**GY25**

**Civic Gymnasium**

Back by popular demand... gymnastics is back at the Civic! Students will have fun learning basic tumbling skills and be introduced to various pieces of apparatus which will improve their gross and fine motor skills. No experience necessary. Wear a leotard and everything else is provided! This class is a 25 week progressive class and culminates with a performance on the last date. A list of specific dates will be distributed at the first class. Instructed by Erica Malinowski and Katie Taggart. Final performance is Thursday, May 19th.

**Thursday, 4:15-5:00pm**

Fee: Resident: \$190 NR: \$220

## Global Art

**GA10**

**Grades: K-5**

**Art Room**

Journey to faraway lands and create art inspired by those places. You will receive your very own passport stamped each class as you travel via ART throughout the GLOBE!

**Thursday, 4:15-5:15pm**

Dates: 3/17-5/12, 8 weeks

(No class 4/21)

Fee: Resident: \$64.00 NR: \$74.00

Min/Max: 5/10



## Group Guitar

**GT05**

**Ages: Grades 1-5**

**Room 12**

Classes are available for the beginner to intermediate player. Students are taught technique, basic theory, and both classic and current songs. Students must provide their own guitar. Instructor, Joe Hart, will assign a lesson time on the first day, as all students should report to the Civic at 4:00pm.

**Thursday, 4:00-6:00pm**

*(45 minute lesson will be assigned to each student. All students should come to the first class at 4pm)*

Dates: 3/17-5/12, 8 weeks

(No Class 4/21)

Res: \$76.00 NR: \$86.00

Min/Max: 2/8

## One-on-One Guitar Lessons

**GT06**

**Ages: All**

**Room 12**

Looking to advance your beginning guitar playing? Then individual, private lessons are for you! Let Joe Hart's 25+ years of experience, bring your playing to the next level. Any style of playing and any skill level welcome. Each class is 30 minutes in length.

**Thursday, 6:00pm**

Dates: 3/17-5/12, 8 weeks

(No Class 4/21)

Res: \$160.00 NR: \$180.00



## SmART Time

**Grades: K-5**

Explore and learn about yourself through ART. Your portfolio will include the likes of self-portraits, self-esteem portraits, still life and other self-exploration projects. See how the famous artists did the same and learn about different mediums, techniques, and styles that can be used through knowledge about historic and contemporary artists.

**Saturday, 1:30-2:30pm**

Dates: 3/19-5/14, 8 weeks (No class 4/23)

Fee: Resident: \$64.00 NR: \$74.00

Min/Max: 5/10

ST25

Art Room

## Field Hockey

**Grades: 2-8th**

Athletes are taught the basic skills of field hockey in this spring class that focuses on skill and technique development. Each player must provide their own equipment; shin guards, mouth guard and stick. Instructed by Allison Penza and Allison Doliner.

Res: \$100.00 NR: \$110.00

Dates: Sundays, 4/3-5/22

(No class 5/8)

**Grades 2-5:** 2:00-3:00pm **FHo1**

**Grades 6-8:** 3:00-4:00pm **FHo5**

Min/Max 8/15



FHo1

NHS Turf Field

## Track & Field Training, Level 2

**Grades 3-8**

Norwood High School Track

Take your athleticism to the next level with All-American coaches Matt and Jill Kerr! Level 2 Track & Field is designed for middle school athletes, as well as older elementary school athletes\*, who aim to compete. Join our coaches for fun and challenging warm ups, workouts and technique development. Athletes will have the opportunity to participate in running, jumping and throwing events each week and will train toward two competitions (Dates TBA).

\*Elementary (Grades 3-5) will need permission from the coach/program before joining.

**Sunday, 3:30-5:00pm**

Dates: 5/1-6/12 (No class May 15)

Res: \$68.00 NR: \$78.00

## Summer Employment Opportunities: Lifeguards & Playcamp Staff Energetic & Enthusiastic Role Models Wanted!

**Returning Applicants:** Applications must be received on or before February 15th.

**New Applicants:** Please come to the Recreation Department to complete your employment application on or before Friday, April 1st. All interviews will be held in April at a date, TBD.

In Mid-May, you will receive a letter from our department informing you of our hiring decision. Mid to end of June all staff who accept employment, are required to attend orientation, including First Aid/CPR. All staff must have proper certifications prior to the first day of summer programs. A list of mandatory training dates will be provided in an offer letter.

The number of positions available each year does fluctuate, based on the number of returning staff.





## SCHOOL OF DANCE

Monday -Friday Classes: \$225/30 weeks

Saturday Classes: \$175/25 weeks

**OR** three payments per year (which must be done in person at the Norwood Recreation Department)

Payments can be divided into three easy payments; Fall, Winter, and Spring . The final payment due on or before February 12th.

Notifications for additional fees, such as costume fees and dance attire, will be sent home with your child as they become available throughout the year.

Classes are not held on school vacation weeks and holidays. Notifications of changes will be sent out to you through the School of Dance office.

Please follow the dress code listed, for each class you are enrolled in.

## Important School of Dance Dates to Remember for the 20015-16 School of Dance Block Rehearsal

Tuesday, May 10th @NHS

### Dress Rehearsal

Wednesday, May 11th @NHS

### Dance Recital

Saturday, May 14th @NHS



## Monday

3:30-4:15pm:  
4:15-5:00pm:  
5:00-5:45pm:  
5:45-6:45pm:  
6:45-7:15pm:

Advanced Beginner Tap 1, SD55  
Advanced Beginner Ballet, SD15  
Intermediate Ballet, SD25  
Pre-Pointe Advanced Ballet, SD30  
Pointe, SD130

## Tuesday

3:30-4:15pm:  
4:15-5:00pm:  
5:00-5:45pm:  
5:45-6:30pm:  
6:30-7:15pm:  
7:15-8:00pm:

Jr. Jazz Hop I, SD95  
Intermediate Tap, SD65  
Intermediate Jazz Hop, SD105  
Advanced Tap, SD70  
Advanced Jazz Dance 1, SD110  
Modern, SD 92

## Wednesday

3:30-4:15pm :  
4:15-5:00pm:  
5:00-5:45pm:  
5:45-6:30pm:  
6:30-7:30pm:  
7:30-8:30pm:

Advanced Beginner Tap 2, SD66  
Advanced Beginner Ballet, SD16  
Lyrical, SD113  
Hip Hop , SD41  
Modern Jazz Dance, SD90  
Lyrical, SD115

## Thursday

3:30-4:15pm:  
4:15-5:00pm:  
5:00-5:45pm:  
5:45-6:45pm:  
6:45-7:45pm:

Jr. Jazz Hop I &II, SD96  
Elementary Tap, SD60  
Elementary Ballet, SD20  
Advanced Jazz II, SD210  
Jazz/Tap, SD71

## Friday

3:15-4:00pm:  
4:00-4:45pm:  
4:45-5:30pm:

Pre-School Ballet/Tap 1, SD45  
Beginner Tap 1 & 2, SD50  
Beginner Ballet I, SD10

## Saturday

10:00-10:45am:  
11:00-11:45am:  
11:45-12:30pm:  
12:30-1:15pm:  
1:15-2:00pm:  
2:00-2:45pm:

Dance & Play, SD75  
Pre-School Ballet/Tap 2, SD05  
Beginner Tap 1 & 2 , SD52  
Beginner Ballet 2, SD01  
Irish Step 1, SD37  
Irish Step, SD35



**Canvas & Coffee****Ages: 18+**

Come relax, take some time for yourself and enjoy drawing and painting while sipping on your coffee or tea. All people, of all abilities, welcome here! We'll try our hand at painting and drawing to bring out your creative spark or evolve the one you have! Basic materials included in fee. Bring yourself, your coffee, and a sketchbook!

**Saturday, 11:00am-1:00pm**

Dates: 3/19-5/14, 8 weeks (No class 4/23)

Res: \$120.00 NR: \$130.00

Min/Max 5/10

**Knitting****Ages: Adult****Willetts Room**

Whether you are a beginner or a veteran, enjoy being with your friends while learning this old art form that is a favorite pastime. Instructed by Trudy Brown.

**Tuesday, 10:00am-12:00pm**

Fee: Res: \$2 per visit NR: \$4 per visit

**Citizenship Test Prep Course****CT10****Ages: 18+****Lydon/Multipurpose Room**

This course is designed for students who immigrated to the United States and are interested in pursuing United States citizenship. Students will learn key moments from US History, the general framework of the American Constitution, and important functions of government. The course will help prepare students to pass the U.S. Citizenship and Immigration Services required test to achieve citizenship. Students will need to have access to the internet or a web-capable phone outside of class time. Instructed by Molly Uppenkamp, NHS History teacher.

**Monday, 6:00-8:00pm**

Dates: 3/14-4/25, 6 weeks

(No class April 18th)

Res: \$90.00 NR: \$100.00

Min/Max 6/20

**AA50 AMERICA'S BOATING COURSE ®****AB25****Art Room****Lydon Room****Ages: 12+**

Boating is a fabulous family activity, but you shouldn't leave the dock without basic boating skills. Useful for paddlers, sailors, or those with powerboats, this course is meant for both captain and crew. Topics to be covered include boat handling, safety, federal and state requirements, aids to navigation, charts, trailering, marine radio use, knots, personal watercraft use and more. Upon successful completion of the course, a certificate will be issued which is honored by all states for their basic licensing requirements, and also by most insurance companies for premium reductions. Those between ages 12 and 16 may obtain their Massachusetts Powerboat Operator's certificate. If you are going to be on the water, let us show you how to do so with skill, confidence, and fun! Instructed by Great Blue Hill Sail and Power Squadron Members, Joseph Kelliher and Robert Lincoln.

**Wednesday, 6:30-9:00pm**

Dates: 3/9-3/30, 4 weeks

Res: \$96.00 NR: \$106.00

Min/Max: 10/20

**History of Norwood****HN10****Ages: 18+****Lydon Room**

This six week course will cover the history of the Town of Norwood, paralleling it with US History; Major themes in US History will be touched upon as they relate to the town history and vice versa. Topics will include Town Beginnings, Industrial Norwood, Immigration, Progressive Norwood, WWI to WWII, and WWII to present. Instructed by Matt Curran, NHS History teacher.

Res: \$90.00 NR: \$100.00

**Thursday, 6:00-8:00pm**

Dates: 3/17-4/28, 6 weeks

(No class April 21st)

Min/Max 6/20

**Senior Circuit Training****Ages: 62+****Fitness Center**

Working with weights to maintain lean muscle mass as we grow older is crucial. Come learn basic fitness with a guided workout including Life Fitness circuit machines, free weights, and abdominal work.

Instructed by Joe Malinn.

**Tuesday, 9:15-10:15am**

Res: \$2.00 per visit

**Personal Training****Ages: 16+****Fitness Center**

Let us help you attain your fitness goals. Joe Malinn can design a routine specifically for you to work towards the fitness goals you would like to achieve. Whether it is strength training, core conditioning, weight loss, or sports conditioning, let us help you get on a path for a healthier lifestyle. Session is one hour in length.

**1 Session: \$30   5 Sessions: \$150   10 Sessions: \$300**

**Ed2Go****Online learning****Anytime, Anywhere....**

Ed2Go offers hundreds of engaging online courses for adults covering everything from A-Z Grant writing to Web Design. Each Ed2Go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to use.

Choose from classes in [Accounting and Finance](#), [Business](#), [Computer Applications](#), [Design and Composition](#), [Health and Medical](#), [Language and Arts](#), [Law and Legal](#), [Personal Development](#), [Teaching and Education](#), [Technology](#), [Writing and Publishing](#).

Classes start at \$95.

**Beginner Meditation****BM50****Ages: 18+****Willett Room**

During meditation, your mind becomes quiet allowing your body to gain the deep rest necessary to dissolve stress and fatigue. Although meditation can be a way to experience inner silence, this comes about not only by eliminating thoughts, but by becoming aware and spending time in the silence that is naturally present in the mind along with the thoughts— sometimes called the gap between the thoughts. Meditation is recommended by almost every health professional because it provides a proven way to reduce stress and gives your mind and body a rest. Today, people are using meditation to treat anxiety, burnout, stress and depression. Instructed by Lorella LeSavage.

**Wednesday, 5:00-5:30pm**

Dates: 3/16-5/11, 8 weeks

Res: \$40.00 NR:\$50.00

Min/Max: 8/12

**Pickleball****Ages: Adult****Gymnasium**

Join us for this great new program offering! A combination of tennis, badminton, ping pong and racquetball. One of the fastest growing sports in America! A few racquets and balls are available for new comers. Participants must help set up and break down at the end of each class. Program does not run during school vacation week or holidays.

**Tuesday, 9:30-11:30am (3/22-5/17) PB 12 or**

**Thursday, 12:30-2:30pm (3/17-5/12) PB14**

Res: \$2.00 /visit or \$16.00/session

NR: \$3.00/visit or \$24.00/session



**FITPASS ONLY RATES:****Option 1: Pay as you go!**

1 class: \$10 per class

**Option 2: 10 Class Pack, \$60**

Only \$6 per class

**Option 3: 20 Class Pass, \$85**

Only \$4.25 per class

**Option 4: Senior Class Pack, \$40  
(20 classes)**

This is for Seniors Only! Must be 62+ to register and provide a photo ID at time of purchase

Please see page 4 for FitPass/Membership Combo rates.

**MIXED LEVEL YOGA****Willett Room**

Great for beginners! Wear loose, comfortable clothing. Bring your own mat. All abilities welcome.

**Spring & Summer:****Monday & Wednesday, 5:30pm****ZUMBA****Dance Room**

Zumba is the Latin-inspired, dance-fitness class that incorporates Latin and International music with easy-to-follow moves. It combines high energy and motivating music with unique moves and combinations that allow you to dance your worries away! No dance experience required to enjoy this fitness party!

**Spring: Tuesday, 9:30am & Thursday, 7:45pm****Summer: Tuesday, 9:30am & Thursday, 5:40pm****BOOTCAMP****Multipurpose Room**

Aerobic conditioning, plyometrics, teamwork, muscle conditioning and more! Come join us!

**Spring: Tuesday 6:45pm****Summer: Tuesday, 5:40pm****INSANITY**

Insanity is a high intensity interval workout designed with modifications to fit everyone's athletic abilities. You will burn calories while toning and sculpting all your major muscle groups. No weights necessary. This insane workout makes you push your body to new levels to increase your endurance and strength in just 50 minutes.

**Spring & Summer: Tuesday, 5:30pm****(Spring: Multipurpose Studio & Summer: Dance Studio)****SPIN****Multipurpose Room**

Cardio workout on stationary bikes that will have you moving! Space is limited to 10 participants per class.

**Spring & Summer: Wednesday, 5:30pm****CARDIO POWER****Multipurpose Room**

Explosive and high-energy class that features a variety of cardio/fat burning moves. Class will include interval training using hand weights, traditional aerobics with simple patterns, kickboxing, and mat exercises for an all-around fitness program!

**Spring: Thursday, 6:45pm****Summer: Thursday, 5:40pm**

**REGISTRATION:** Online Registration **DOES NOT EQUAL** a complete registration.

Additional paperwork, including: **enrollment packet, physical and immunizations** must be submitted with the Norwood Recreation Department each summer.

Online registration **WILL NOT** be available **after May 30th!** You may register for our programs after May 30th by coming in person to the Norwood Recreation Department with the full enrollment packet (must have health insurance policy number), physical from doctor that is current (within two years), and updated immunization record.

Proof of age or grade (Kindergarten Enrollment Record or report card) and residency **MAY** be required if your child has not registered with our programs before.

**FIELD TRIPS:** Jr Play: In-house entertainment will be provided each week. The students do not go off-site with the exception of the last day of playcamp as all programs go to FM for Foam and Mud Day. A list of entertainment will be available no later than June 1<sup>st</sup> on Facebook or in the Norwood Recreation Department office.

Field trips for Coakley, FM & Sr. Play will be available no later than the first week of June. Field trips do tend to fill and space is available on a first-come, first-served basis and close the Monday before the trip at 5pm, or sooner, if spaces fill. Our recommendation is you register **EARLY** to secure your child's spot. The only way to register is to do so online or in person at the Norwood Recreation Department. **Field trips, this year, will take place on THURSDAY.**

Each Friday, Sr. Play/Coakley and FM Playcamp alternate locations for a special event. Please see newsletter or program guide for schedule.

T-shirts will be given to those who register for the field trip the day prior or morning of departure. See your camp site supervisor for shirts.

**EXTENDED CARE:** Please register 24 hours in advance for eligible Extended Care programs. Should you not be registered and be late for pick up, your account will be charged **\$10 per child** for the additional time. After extended care ends, you will be charged \$2 per minute, and that must be paid at the Norwood Recreation Department before your child can return to camp.

**REFUNDS/CREDITS:** Refunds will only be given if you cancel more than one week in advance OR if someone can take your spot via our waitlist. **If you do chose to cancel, there is a 20% processing fee that will be applied per session.** We can transfer your session with 72 hour advance notice, should space be available.

**CANCELLATIONS:** Each camp does have a minimum and maximum number of spots available. The minimum must be met **72 hours prior** to the start of the session or the program will be cancelled. Once maxes are met, your child will be accepted to a **waitlist**. Want to ensure care for the summer? We suggest you register early!

**NON-RESIDENT PARTICIPATION:** Non-Residents may join in our classes and summer camps. Registration is open **one week prior** to the start of the session for those who are not a Norwood resident for our Playcamp/swim and classes. **Non-Residents who would like to participate in Playcamp will be charged \$50 per session above the resident rate.** Thundercats Sports Clinic is open to non-residents at the start of registration. If someone is found using an address that is not their own, unfortunately, the child will be the one who loses out. Children will be asked to leave the program immediately and refunds will not be given to those who use addresses at which they do not permanently reside.

**Our Parent Handbook will be available by April 1st !**

## Jr. PLAY, PLAYCAMP & Sr. PLAY

### **Session One: Safari Week, 6/27-7/1**

Friday: All camps report to South  
Activity: Animal Show

### **Session Two: Holiday Week, 7/5-7/8**

**Note: Playcamp is closed 7/4**

**This session will be prorated!**

Friday: South & Sr. Play visit FM  
Activity: Halloween & Cookout!

### **Session Three: Mad Science, 7/11-7/15**

Friday: All camps report to South  
Activity: Foam Day & Pizza!

### **Session Four: Hollywood Week, 7/18-7/22**

Friday: South & Sr. Play visit FM  
Activity: Talent Show!

### **Session Five: Carnival Week, 7/25-7/29**

Friday: All camps report to South  
Activity: Day of Hope Carnival

### **Session Six: Olympic Week, 8/1-8/5**

Friday: South & Sr. Play visit FM  
Activity: Water Olympic Events & Pizza Day!

### **Session Seven: Game Show Week, 8/8-8/12**

Friday: All camps report to South  
Activity: Knucklebones: Amazing Race

### **Session Eight: Superhero Week, 8/15-8/19**

Friday: South & Sr. Play visit FM:  
Activity: Mud & Foam Day with Pizza Day!

## **PRICING & HOURS**

### **Jr. Play Full Day, Entering Grades K & 1,**

9:00am-4:00pm  
Ratio: 1:7-Max 35 students per session  
Children must be fully potty trained and able to withstand a full day outdoors.  
Res: \$130/session NR: \$180/session (One week prior)  
Location: Hawes Pool, front lawn.  
Extended Care: 8:00am-9:00am, \$15 per week  
No afternoon available

### **NEW! Jr. Play Half Day, Entering Grades K & 1,**

9:00am-12:00pm  
Ratio: 1:7- Max 14 students per session  
Children must be fully potty trained and able to withstand a half-day outdoors.  
Res: \$90/session NR: \$140/session (One week prior)  
Location: Hawes Pool, front lawn.  
Extended Care: 8:00am-9:00am, \$15 per week  
No afternoon available

### **Playcamp, Entering Grades 2-5, 9:00am-4:00pm**

Ratio 1:10-Max 120 students per session  
Res: \$100/session NR: \$150/session (One week prior)  
Location: FM or South playgrounds  
Every Friday camps combine for shared activities at one location.  
Extended Care: 8am-5pm, \$25 per week

### **Sr. Play, Entering Grades 6-8, 9:00am-4:00pm**

Res: \$125/session NR: \$175/session (One week prior)  
Ratio: 1:10- Max 70 students per session  
Location: South by Ivatts Tennis Courts & Coakley Lower field.  
Every Friday camps combine for shared activities at one location.  
Trip to Morse Pond on Wednesday for the entire group is included in the fee.  
Extended Care: 8am-5pm, \$25 per week



**Thundercat Kiddie Cat Jam****Ages: 4-6****Balch**

Thundercat Sports mini version of our popular Sports Jam! Soccer will be a core sport played everyday in which basic skills will be emphasized. Other sports include t-ball, basketball, softee hockey, balloon ball, and kick ball. Games and other activities sprinkled in include – Finding the Nemo, Sponge Bob Tag, Shark Attack, Thunder Relays, Kiddie Cat Olympics, and more. Theme days, including Red Sox Day and Friday Fun Day, add to the excitement creating a non-competitive, positive sports experience your child will enjoy. Emphasis will be on basic skills, developing hand eye coordination, teamwork, and FUN! Program is coed, and every participant receives a t-shirt.

**July 11th-July 15th TC10****August 8th-August 12th TC50****August 22nd-August 24th TC70**

9:00am-12:00pm

Res: \$115/session NR: \$125/session

Min/Max: 10/30

**Thundercat Sports Jam****Ages: 7-12****Balch**

Play, play, and play some more...the ultimate multi-sport program! Baseball, basketball, and soccer will be core sports played. But that's not all. Other sports mixed may include - flag football, floor hockey, dodgeball, disc golf, ultimate frisbee, whiffle ball, and kick ball. Unique and engaging skill-building games will accompany each sport. No other program promotes sportsmanship and FUN like Thundercat Sports Jam! Program is coed, and every participant receives a t-shirt, and certificate of achievement.

**July 11th-July 15th TC15H/TC15F****August 8th-August 12th TC55H/TC55F**

Half Day 9:00am-12:00pm

Full Day 9:00am-3:00pm

Fee: Half Day: Res \$115/session NR: \$125/session

Full Day: \$139/session NR: \$149/session

Min/Max: 10/30

**Thundercat Flag Football****TC40****Ages: 7-12****Balch**

Throw it, catch it, punt it...pigskins beware!

Participants will learn fundamental skills from coaches through unique drills, games, and teaching techniques. Skills taught include passing, catching, running, offensive / defensive strategies, and more. Theme days, trivia, and a Super Bowl tournament at the end of the program add to the excitement! Program is coed, and every participant receives a t-shirt, and certificate of achievement.

**Dates: July 18th-July 22nd**

9:00am-3:00pm

Res: \$139/session NR: \$149/session

Min/Max: 10/30

**Thundercat Tball****TC30****Ages: 4-6****Balch**

America's past-time, the Thundercat way! From running the bases, to fielding fly balls, to developing a sweet swing, kids will learn and improve skills through active baseball drills and games. Kids will be broken down into smaller groups (rather than traditional 9 v 9) to offer more touches, experience, and FUN. We will sprinkle in other tag games and camp games to keep kids engaged throughout the week. Program is coed, and every participant receives a t-shirt, and certificate of achievement.

**Dates: July 25th-July 29th**

9:00am-12:00pm

Res \$115.00 NR: \$125.00

Min/Max: 10/30



**Thundercat Just for Girls Multi-Sports****Ages: 7-12****Balch**

This is an all-girls version of our popular Sports Jam. Basketball, and soccer will be core sports played. But that's not all- other sports mixed-in may include - flag football, floor hockey, dodgeball, Kickball, Ultimate Frisbee, Whiffle Ball and traditional camp games like Capture the Flag. Unique and engaging skill-building games will accompany each sport. No other program promotes sportsmanship and FUN like Thundercat Sports! Every participant receives a t-shirt and certificate of achievement.

**Dates: August 1st-August 5th**Half Day 9:00am-12:00pm **TC45H**Full Day 9:00am-3:00pm **TC45F**

Fee: Half Day: Res \$115/session NR: \$125/session

Full Day: \$139/session NR: \$149/session

Min/Max: 10/30

**Thundercat Floor Hockey****TC65****Ages: 7-12****Civic Gymnasium**

Deke, dodge, and score with Thundercat Sports! Floor hockey will be our core sport with skills being taught each day through fun and engaging games. Daily scrimmages, contests, and finally our Stanley Cup Tournament will culminate the week of hockey. Program is co-ed, all equipment will be provided. Kids should bring water, snack and lunch, and every child will receive a t-shirt at the end of the week.

**Dates: August 15th-August 19th**

9:00am-12:00pm

Res \$115.00 NR: \$125.00

Min/Max: 10/30

**Thundercat Basketball****TC75****Ages: 7-12****Civic Gymnasium**

The world's most popular game and Thundercat Sports, a perfect combination! Participants will learn fundamental skills from coaches through unique drills, games, and teaching techniques. Skills taught include dribbling, passing, shooting, defense, and more. Theme days, trivia, and a tournament at the end of the program, add to the excitement! Program is coed, and every participant receives a t-shirt, and certificate of achievement.

**Dates: August 22nd-August 26th**

9:00am-3:00pm

Res \$139.00 NR: \$149.00

Min/Max: 10/30

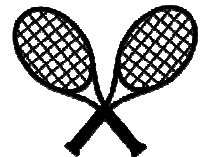
**Kids Summer Tennis Nights****KTN6****Ages: 7-12****Coakley Tennis Court**

Norwood Community Tennis Association presents this program in collaboration with the Norwood Recreation Department. Kids will have fun hitting balls, while learning a game they can play for a lifetime. Game and drills will be taught by experienced players teaching the basics; stance, grip, forehand and maybe even backhand. If you have a racquet, great! If not, we will have loaners available!

**Dates: Tuesday, July 12th-August 16th, six weeks****6:00-7:30pm**

Res: \$42.00 NR: \$52.00

Min/Max: 6/12



**I've failed  
over and  
over and  
over again in my life.  
And that is why I  
succeed.**  
Michael Jordan

## Summer TOTY

**Ages: Entering Grades 9 & 10**

Want to be a role model for children? Hope to work with children in the future? Then this program is for you! Please **complete a volunteer application** and submit with two written references (non-family) to the Norwood Recreation Department on or before June 1st, to be placed in a session. We will do our best to place interested candidates accordingly, as space permits. The Summer Camp Director will notify you of placement into the TOTY program the first week of June.

Applications received after June 1st will be placed only if space allows.

**All TOTY's must complete the enrollment packet and return a current physical and immunization forms to the program before they can begin volunteering.**

**FREE!**

## Summer Tots

**Ages 3-4**

**Lydon Room**

Keep your little ones busy this summer. This mini-summer program is a mix of tot fitness, story time, and crafts. A great introduction to pre-school. Instructed by Amy Creamer and Marie Kidd.

Monday through Thursday

**Session One:** June 27-June 30th **ST10**

**Session Two:** July 18th-July 21st **ST20**

**Session Three:** August 15th-August 18th **ST30**

9:30am-11:30am

Res: \$60.00/session

Min/Max: 6/15



## 2016 Summer Tennis Program

**Ages 5-12**

**NHS Tennis Courts**

This summer, the Recreation Department will be offering two separate tennis clinics for the season. Each session will focus on developing racquet skills, ball striking, skill and stroke development, and modified game play. Bring your sneakers, tennis attire, plenty of water, a racquet and light snack. Instructed by Joe Conti. (In event the of rain, High School gym will be used).

**Week One:** June 27th-July 30th **TP10**

**Week Two:** July 5th-July 8th **TP20**

9:00am-11:00am

Res: \$70.00/session NR: \$80.00/session

Min/Max: 12/20

## Cheerleading

**CH45**

**Ages: Entering K-4**

**Cleveland School**

Learn several cheers, dances, and stunts from Donna Brown, former Norwood High Coach, and several high school cheerleaders. Bring sneakers, water bottle, and snack each day.

**Dates: TBD**

9:30am-12:00pm

Res: \$55.00/ person

Min/Max: 10/72



## Summer Art

**Grades K-5**

**Art Room**

Cultivating your child's creativity, each day, we will be drawing and painting, using pastels, water color, and acrylic and more while learning new ways to see. There will be opportunities to do creative journaling, sketch by the Norwood Town Common, and expand knowledge of artists around the world. Be sure to pack a snack, lunch, and your sketchbook!

Monday through Thursday

**Dates: July 11th-14th (Grades K-2) SA15**

**July 25th-28th (Grades 3-5) SA25**

9:00am-2:00pm

Res: \$170.00 NR: \$180.00

Min/Max: 5/10

## Karate Camp at Excel Martial Arts

**Ages: 4-14**

**Excel Martial Arts**

Great introduction to developing confidence and coordination while learning self-defense skills from a fifth-degree black belt. No prior martial arts experience required. Class is held at the Learning Center for Martial Arts, 1044 Washington Street. For more information email, [info@amierican-te.com](mailto:info@amierican-te.com) or call 781-769-8080.

**Session One: July 18th-July 22nd**

**Session Two: August 15th- August 19th**

8:30am-3:00pm

Res: \$175.00

Min/Max: 10/20

## Summer Girls Lacrosse Clinic

**Ages: Entering Grades 3-8**

**NHS Football Field**

Be a part of the fastest growing sport in the US—Lacrosse! Come learn some of the fundamentals with the Norwood High School Varsity coaches. Open to both new and experienced players. Players should have protective eyewear, mouth guards, sticks and water bottles. Clinic is held for two consecutive weeks.

Instructed by Allison Guifarro.

**August 1st-August 4th & August 8th-11th**

**(Rain date will be Friday)**

Grades 3-8: 9:00-11:00am

Res: \$175.00 NR: \$185.00

Min/Max: 10/20

## Norwood Field Hockey

**Ages: Entering Grades 2-8**

**NHS Football Field**

Athletes are taught the basic skills of field hockey in this summer clinic with two days of drills and games. The last day will include games and awards. Each player must provide their own equipment, shin guards, mouth guard and stick. Instructed by Allison Penza and Allison Doliner. Tee-shirts will be given to each participant.

**Monday, July 18<sup>th</sup> through Wednesday, July 20<sup>th</sup>**

9:00am-12:00pm

Res: \$115.00 NR: \$125.00

Min/Max: 10/unlimited

## Norwood Track and Field

**Ages: Entering Grades 5-8**

**NHS Track**

Norwood Track Clinic will offer an introduction to the various events of the sport of Track & Field. Whether you like to run, jump, or throw, this camp will have something to offer. Under the supervision of the Norwood High School Track Coach, Coach Booth and his skilled staff, participants will learn the basic skills in the various track and field events. This program is co-ed, and every participant will receive a t-shirt. Program will be held outdoors, rain or shine. In event of extreme inclement weather, the program will be cancelled.

**July 12th-August 4th**

Tuesday & Thursday, 5:00-6:30pm

Res: \$150.00 NR: \$160.00

Min/Max: 12/30

## Summer Volleyball Clinic

**Ages: Entering Grades 4-9**

**NHS Gymnasium**

Athletes will learn the fundamentals of volleyball and essence of teamwork. The volleyball team continues to develop as a program and wants to invite friends and family to become involved. The goals of the clinic include conditioning and flexibility strength, learning sport specific knowledge, get a basic understanding of offense and defense, learn fundamental skills of forearm and overhead passing, attacking, blocking, digging and serving. Bring t-shirts, shorts, sneakers/socks, knee pads (if desired) and a water bottle.

Instructed by Paul Nimblett. All participants will receive a shirt.

**August 22nd–August 24th**

Monday-Wednesday

9:00am-12:30pm

Res: \$135.00 NR: \$145.00

Min/Max: 15/30



**POOLS OPEN FOR THE SEASON**

On Saturday, June 25th, both public pools will open  
(Saturday after school gets out)

**POOLS CLOSE FOR THE SEASON**

FM will close Sunday, August 19th  
Hawes will close September 2nd

***\*Subject to change\****

Pool schedule is subject to change, staff will post and announce changes as soon as possible. Additional aquatic programs may be happening at the pools during certain general swim hours, but space will still be reserved for general swim. Hawes Pool will close during swim meets, schedule will be posted on bulletin board at Hawes and on our website at [www.norwoodma.gov](http://www.norwoodma.gov).

**POOL TAG FEES (Residents Only)**

Seniors (Ages 62+)	\$11.00
Adult & Children	\$22.00
One Adult Family (Must live in same household)	\$90.00
Two Adult Family (Must live in same household)	\$110.00
One Day Pass	\$5.00

**Non-Residents:** Fees doubled for first 100 tags requested.

**POOL SCHEDULE**

TIME	ACTIVITY	POOL	DAYS
9:00am-12:00pm	Youth Swim Lessons	FM	Mon.-Fri.
9:00am-11:25am	Youth Swim Lessons	Hawes	Mon.-Fri.
11:25am-12:00pm	Jr. Play	Hawes	Mon.-Fri.
12:00-1:00pm	Camp Challenge	Hawes	Mon.-Fri.
12:00-1:00pm	Adult Lap Swim	FM	Mon.-Fri.
1:00-7:00pm	General Swim/Playcamp	Hawes & FM	Mon.-Fri.
12:00-7:00pm	General Swim	Hawes & FM	Weekends

**SPRAY PARK**

No children older than 5 years old or taller than the entrance gate are allowed in the spray park. All children must be accompanied by an adult in the spray park area at all times.

**Both adult & child are required to have a pool tag!**

**Spray Park Hours**

Monday-Friday: 9:00am-12:00pm & 1:00-7:00pm  
Saturday & Sunday: 12:00-7:00pm

**NORWOOD RECREATION DEPARTMENT POOL SAFETY RULES**

- Visitors must wear proper swim attire and have a current pool pass attached on their person at all times. One-day passes can be purchased at the Civic during the week and at the pool on weekends.
  - *Food, drinks, and chairs are not permitted in the pool area.*
  - All patrons must take a shower prior to swimming in the pool.
  - *Walk; don't run in and around the pool facility.*
  - Spitting, spouting or nose-blowing in the pool is strictly prohibited.
  - *Dangerous practices are prohibited. Patrons may not run on decks; climb, sit or jump from fences; dive in the shallow end, or dunk, push, pull or unnecessarily splash swimmers, or other horseplay. Patrons engaging in these activities may be asked to leave by lifeguards.*
  - The Norwood Recreation Department prohibits the use of floatation devices. Only items labeled "Certified by US Coast Guard" may be allowed in the pool area.
  - *Children who are not toilet-trained and less than four years old will be allowed in the pool only if they wear a swimsuit diaper and a swim suit. Cloth or disposable diapers are not accepted.*
  - Persons with open cuts, sores, bandages, colds, coughs or communicable diseases are not permitted in the pool.
  - *Swimmers under the age of 12 must be accompanied by an adult. Those under 6 must have an adult present inside the pool gated area.*
  - Emergency procedures must be observed. Swimmers must leave the pool area immediately upon the signal or request of the lifeguard on duty.
  - *Foul or abusive language will not be tolerated.*
  - Smoking or the use of drugs is not permitted on the property.
- Norwood Recreation Staff reserves the right to ask anyone to leave for failing to follow policies.***

## 2016 SESSION DATES

**Session 1:** \*June 27th-July 8th

**Session 2:** July 11th-July 22nd

**Session 3:** July 25th-August 5th

**Session 4:** August 8th-August 19th

**All lessons cost \$44 per session for 40 minutes of instruction.**

**\* Session 1 is prorated as there will be no class on Independence Day.**

Parents are not permitted in the swim area, but may watch from behind the surrounding fence. Classes take place, rain or shine, and are only cancelled due to thunder and lightning. Sorry, no make-up classes.

### WATER SAFETY AIDE

Do you love swimming and working with children, but you're a bit too young to be a lifeguard? If so, we'd love for you to volunteer. Volunteers help water safety instructors teach swim lessons Monday through Friday from 9am-12pm at both pools. Stay for one session or stay for the whole summer, it's up to you! This is a great opportunity to get some volunteer hours done, learn water safety skills and get your foot in the door! Must be between the ages of 13-16 to participate, and preferably completed Level VI of swim lessons.

**Registration is only accepted in person.**

## LEARN TO SWIM

The Learn-to-Swim program is divided into six course levels. Participants must successfully demonstrate each skill in order to complete each level. **You may only register for one level each summer before May 31st.** If you pass the level, you may continue in the same level to practice your skills, should room permit. You must stay in one level per summer season.

## Water Exploration: Ages 3-5

Purpose is to orient to aquatic environment and create a sound foundation for aquatic and safety skills. All children must be potty trained.

**Water Babies: Ages 1 & 2,** with parent in the water.

Session Three Only: FM 11:30am-12:00pm **TS01**

### Age 3:

Session One: Hawes 9:45am **HA31**;  
FM 10:30am **FA31**  
Session Two: Hawes 9:45am **HA32**  
Session Three: Hawes 9:45am **HA33**  
FM 9:45am **FA33**  
Session Four: Hawes 9:45am **HA34**  
FM 11:15am **FA34**

### Age 4:

Session One: Hawes 10:30am **HA41**  
FM 10:30am **FM41**  
Session Two: Hawes 10:30am **HA42**  
FM 10:30am **FA42**  
Session Three: Hawes 10:30am **HA43**  
FM 10:30am **FA43**  
Session Four: Hawes 10:30am **HA44**  
FM 11:15 am **FA44**

### Age 5:

Session One: Hawes 10:30am **HA51**  
FM 11:15am **FM51**  
Session Two: Hawes 10:30am **HA52**  
FM 11:15am **FA52**  
Session Three: Hawes 10:30am **HA53**  
Session Four: Hawes 10:30am **HA54**  
FM 10:30 am **FA54**





***Must be 6 years old to enter Level I through VI*****Beginner Swim: Ages 6+**

First time swimmers will be introduced to the fundamentals of swimming. This is an introduction for your child to become comfortable in the water.

Session One: FM 9:45am **FBG1**

Session Two: FM 10:30am **FBG2**

Session Three: FM 10:30am **FBG3**

**Level II: Primary Skills**

Swimmers will be comfortable swimming on their own – on their front and back. Additionally they will be introduced to front crawl and back crawl along with breathing techniques.

Session One: Hawes 9:45am **H102**  
FM 9:00am **F112**; 9:45am **F122**

Session Two: Hawes 9:45am **H202**  
FM 9:45am **F212**

Session Three: Hawes 9:45am **H302**  
FM 9:45am **F302**

Session Four: Hawes 9:45am **H402**  
FM 9:45am **F412**  
FM 10:30am **F422**

**Level III: Stroke Readiness**

Swimmers can swim length of the pool with face in the water and perform front crawl and elementary backstroke. Swimmers are additionally introduced to new strokes in preparation for level 4.

Session One: Hawes 9:00am **H103**  
FM 9:00am **F113**

Session Two: Hawes 9:00am **H203**  
FM 9:45am **F203**;  
FM 11:15am **F213**

Session Three: Hawes 9:00am **H303**  
FM 9:00am **F303**

Session Four: Hawes 9:00am **H403**  
FM 9:45am **F403**

**Level IV: Stroke Development**

Swimmers can swim 25 yards doing front crawl and elementary backstroke. Other strokes are introduced such as breaststroke, butterfly, back crawl, and sidestroke.

Session One: Hawes 9:00am **H104**

Session Two: FM 9:00am **F204**

Session Three: Hawes 9:00am **H304**  
FM 9:00am **F304**

Session Four: FM 9:00am **F404**

**Level V: Stroke Refinement**

Swimmers will continue stroke refinement and endurance.

Session Two: Hawes 9:00am **H205**

Session Four: FM 9:45am **F405**

**Level VI: Fitness Swimmer/Lifeguard Readiness**

Swimmers will increase endurance and stroke proficiency. Will also introduce and practice the skills required to successfully complete the pre-course session of the lifeguard course.

Session Two: FM 9:00am **F206**

Session Four: FM 9:00am **F406**

**All lessons cost \$44 per session for 40 minutes of instruction. Session One will be prorated as we will not offer lessons on July 4th.**

Parents are not permitted in the swim area, but may watch from behind the surrounding fence. Classes take place, rain or shine, and are only cancelled due to thunder and lightning. Sorry, no make-up classes.



For up to date information on our programs, photos and cancellations, LIKE the Norwood Recreation Department on Facebook!



**STINGRAYS SWIM TEAM**

Stingrays will now be handled by the Norwood Aquatics Club. The Stingrays compete against area teams of the Suburban Swim League.

To register please visit:

[www.norwoodstingrays.com](http://www.norwoodstingrays.com)

**LIFEGUARD TRAINING**

**Ages: 15+**

This course will teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and prevent drowning and injuries. Instructor will provide you with a schedule of activities. Please note, on some days you will stay later to complete course content. Deep water drills will be performed at FM. Check schedule for dates and more information.

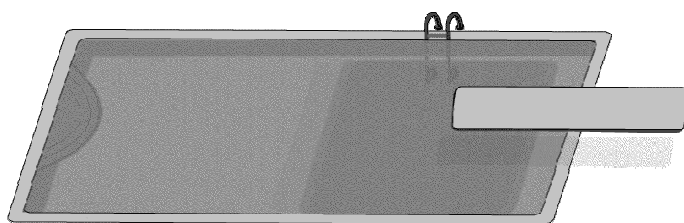


**June 20th-June 24th, 4:00-8:00pm Hawes AP80**

Res: \$250.00 NR: \$270.00

*Instructed by Certified Lifeguard Instructor*

**\*Must be able to swim 500 yards continuously & attend all classes. This is mandatory.**

**FM Pool– 295 Vernon Street**

Corner of Vernon Street and Hawthorne Street. Please park in designated spaces. Please refrain from parking on the street.

**Hawes Pool– 1305 Washington Street**

Adjacent to Coakley Middle School

**DEPARTMENT OF PUBLIC WORKS**

**Curbside Trash & Recycling Pick Up**– The Town of Norwood provides weekly pick-up of residential trash and bi-weekly pick-up of residential recycling. All waste should be placed in the provided carts to allow for automated collection. Carts should be placed curbside by 7:00am on your normal trash day and must be free from obstructions. Each ton of trash that is diverted to the recycling stream saves taxpayers \$42.00. Please recycle!

**Winter Street Compost Facility**– The facility is open to residents every Saturday, year-round from 10:00am-3:30pm. Residents can dispose of yard waste, leaves, brush, textiles, books and bulk items (see below). There is also compost available to residents on a seasonal basis. Residents must have a yellow resident sticker on their vehicle in order to gain access to site. Stickers can be obtained at the local DPW office (no charge) Monday through Friday between the hours of 7:00am-3:00pm. Your vehicle registration showing proof of residency is required to obtain the permit. Hazardous Waste Day will be held at the Winter Street facility on May 7, 2016 and is coordinated by the Health Department. Please see their website for more information.

**Bulk Item Disposal**– Items too large to fit in a trash cart are considered 'bulk items'. Residents may bring these items to the Winter Street facility for no charge, or they can be picked up curbside for a fee. Items such as mattresses, couches, bureaus and bicycles would be considered 'bulky' items. Trash bags or boxes filled with materials would not be considered 'bulky' and are not eligible for either curbside pickup or disposal at the Winter Street facility. More information concerning the policy and a more extensive list of items and disposal options can be found at [www.norwoodma.gov](http://www.norwoodma.gov) by selecting Documents>Public Works>Bulk Item Disposal Options. We encourage residents to take advantage of furniture/appliance companies who offer free disposal of mattresses, box springs and appliances. Also, when hiring a contractor to perform work at your home, ensure that he/she is responsible for the removal and disposal of any construction debris (windows, doors, carpeting, fencing).

**Leaf and Brush Disposal**– Leaf and brush pick-up is provided weekly on your regularly scheduled trash day from April through November. Residents may also dispose of these materials at the Winter Street facility every Saturday, year-round, between the hours of 10:00am-3:30pm. Please use paper leaf bags, which are readily available at most hardware stores, for disposal.

**NORWOOD POLICE**

137 Nahatan Street  
Norwood, MA 02062

**Emergency- 911**

Business number 781-440-5100

Want to know what is going on at NPD? Visit our website at

<http://www.norwoodma.gov/police> OR

Like us on Facebook ([www.facebook.com/norwoodpolice](http://www.facebook.com/norwoodpolice)) and follow us on Twitter ([www.twitter.com/norwoodpolice](http://www.twitter.com/norwoodpolice)) to receive all the latest updates from within the department.

**Anonymous Tip Line (781)-440-5181**

The Norwood Police Department maintains a telephone line which allows callers to leave an anonymous tip. This is a voice mail system and is not monitored 24/7. Please do not use this tip line to report activity or crimes needing immediate attention. These calls are not identifiable. If you would like to be contacted, be sure to leave your name and telephone number. You can also report information by email at [reportatip@norwoodma.gov](mailto:reportatip@norwoodma.gov).

**Medication Drop-off**

Norwood Police Department maintains a medication drop-off box in the main lobby of the Public Safety Building. You may dispose of all your expired and unwanted medications at any time. We accept prescriptions, over the counter medications, vitamins, lotions, liquids in leak proof containers and ointments. Items **not accepted** are new or used needles, thermometers, hydrogen peroxide, aerosol cans, inhalers, and any bio-hazard waste such as bloody or infectious materials.

**See Something Say Something**

To keep our community safe, if you see something suspicious call the Police Department as soon as possible. Many times your calls for a suspicious person or activity lead to criminal activity. Let the Police investigate your suspicions, we need your calls.

**Discarded needles**

If you observe any discarded needles or drug paraphernalia call the Police Department. We will dispose of this debris properly.

The Norwood Police Department is now a part of **DOVE's (Domestic Violence Ended) Civilian Domestic Violence Advocacy Program**. Maureen Flores is the Advocate assigned to our Department. She will be at the Department on a weekly basis to reach out to and assist any victims involved in domestic incidents. All services provided through Maureen are confidential. She can be reached anytime at [617-653-4226](tel:617-653-4226)

**NORWOOD FIRE DEPARTMENT**

135 Nahatan Street Norwood, MA 02062  
Emergency – 911

**Contact Numbers**

Emergency 781-762-1313

Business 781-762-0080

Fire Prevention 781-440-5211

Website <http://www.norwoodma.gov>

**Burning Season** – Burning season begins on January 15<sup>th</sup> through May 1<sup>st</sup>. Please come down to the fire department to get your 2016 Burning Permit. The permit is free! Instructions for burning will be provided with the permit.

**Fire Prevention Services** - Duties and responsibilities include the enforcement of Massachusetts General Law Chapter 148 Fire Laws and 527 CMR Massachusetts Fire Regulations. The Fire Prevention Bureau performs inspections of Public Schools, Hotels, Nursing Homes, Boarding Houses, Public Buildings, and Elderly Housing Complexes. The Fire Prevention Bureau also is responsible for the permitting of the installation of Oil Burners, Sprinkler Systems, Fire Alarms, Welding Operations, Firework Displays and Aboveground/Underground Fuel Storage, and Smoke Detector inspections for homes being sold.

**Fire Education Services** – Provides age specific fire education programs and function specific public education programs for public and private groups. Programs are based on the current N.F.P.A. Fire Education Curriculum. All groups are welcome and materials will be provided. Contact Fire Educator/FF Paul Ronco.

**Ring Cutting** – Free service provided to the public if a ring/jewelry is stuck on a finger and cannot be removed.

**Car & House Lock Out** – Locked car access provided to the public if car keys are locked in a vehicle **and** the car engine is running. Also, access to residential homes if locked out.

**Reminders**-Don't forget to change your clocks and change your batteries. Don't forget kitchen safety– never leave food unattended on the stove. Always practice your fire escape plan at home– have a meeting spot outside! Never use fireworks- leave it to the professionals!

# COMMUNITY RESOURCES




The following sports groups and organizations are unaffiliated with the Town of Norwood Recreation Department.

<b>Abundant Table, Inc.</b> <a href="http://www.abundant-table.org">www.abundant-table.org</a> <a href="mailto:aislynn@abundant-table.org">aislynn@abundant-table.org</a> Aislynn Rodeghiero	<b>American Legion Baseball</b> (Ages 15-18) <a href="http://www.norwoodlegionbaseball.com">www.norwoodlegionbaseball.com</a> Paul Samargedilis Steve Begley 781-696-5075 or 781-492-2446	<b>Babe Ruth</b> (Ages 13-15) <a href="http://www.norwoodbaberuth.com">www.norwoodbaberuth.com</a> <b>Senior Babe Ruth</b> (Ages 16-19) <a href="mailto:georgebrl@norwoodlight.com">georgebrl@norwoodlight.com</a> George Lally: 781-762-1121
<b>Boy Scouts</b> <a href="http://www.scouting.org">www.scouting.org</a> 781-828-8360	<b>Chamber of Commerce</b> <a href="mailto:cristoff@nvcc.com">cristoff@nvcc.com</a> or <a href="http://www.cristoff@nvcc.com">www.cristoff@nvcc.com</a> Cristoff Shay: 781-769-1126	<b>Circle of Hope</b> <a href="http://www.norwoodcoh.org">www.norwoodcoh.org</a> Lee Kennedy: 781-762-3549
<b>Colonial Boys Corps.</b> <a href="mailto:jgrotwo@hotmail.com">jgrotwo@hotmail.com</a> Jim Grover: 781-760-8734	<b>Food Pantry</b> <a href="mailto:rtaeger1@gmail.com">rtaeger1@gmail.com</a> <a href="http://www.norwoodpantry.org">www.norwoodpantry.org</a> Ruth Taeger: 781-769-0425	<b>Girl Scouts</b> <a href="mailto:norwoodgirlscouts@gmail.com">norwoodgirlscouts@gmail.com</a> Lisa Silletti: 781-762-6582
<b>Historical Committee</b> <a href="mailto:historicalcommission@norwoodma.gov">historicalcommission@norwoodma.gov</a> Don Ackerman: 781-769-9755	<b>League of Women's Voters</b> <a href="http://www.lwvma.org">www.lwvma.org</a> Carol Boisen: 781-769-1839	<b>Lion's Club</b> <a href="http://www.norwoodmalions.com">www.norwoodmalions.com</a> <a href="mailto:apfaelzer@aol.com">apfaelzer@aol.com</a> Arthur Pfaelzer
<b>Lacrosse-Boys (Ages 6-16)</b> <a href="http://www.norwoodlacrosse.org">www.norwoodlacrosse.org</a> Dan Carroll: 781-769-3507	<b>Lacrosse-Girls (Ages 6-16)</b> <a href="mailto:lwalshdesh@gmail.com">lwalshdesh@gmail.com</a> Owen Desharinis	<b>Little League (Ages 5-12)</b> <a href="mailto:info@norwoodll.com">info@norwoodll.com</a> Mike Kelley: 508-498-4150
<b>Meals on Wheels</b> <b>HESSCO Elder Services</b> Ellis Rehab Silvio Carreiro 781-784-4944 or 781-769-9061	<b>Mom's Club of Norwood</b> <a href="mailto:momsclubofnorwood@yahoo.com">momsclubofnorwood@yahoo.com</a> Katie Button	<b>Norwood Basketball Association</b> (Ages 6-16) <a href="mailto:norwoodbball@aol.com">norwoodbball@aol.com</a> or <a href="http://www.norwoodbasketball.com">www.norwoodbasketball.com</a> Greg Giambanco
<b>Norwood Alumni Association &amp; Norwood Day Committee</b> <a href="mailto:gmillar@norwoodma.gov">gmiller@norwoodma.gov</a> Gerry Miller: 781-762-0466	<b>Norwood Jr. Women's Club</b> <a href="mailto:norwoodJWC@gmail.com">norwoodJWC@gmail.com</a> <a href="http://www.norwoodJWC.org">www.norwoodJWC.org</a> Angela Popalo: 617-827-2771	<b>Norwood Scholarship Foundation</b> Marian Sullivan: 781-762-0440
<b>Norwood Youth Football &amp; Cheer</b> (Ages 8-15) <a href="http://norwoodyouthfootballcheer.org">norwoodyouthfootballcheer.org</a> Cheer: Jenn Rowan or Sarah Quinn Kevin Spellman: 781-769-3093	<b>Norwood Youth Hockey</b> (Ages 4-18) <a href="http://www.norwoodnuggets.org">www.norwoodnuggets.org</a> Bill Naumann: 781-762-1696	<b>Norwood Youth Soccer</b> (Ages 4-18) <a href="http://www.norwoodsoccer.com">www.norwoodsoccer.com</a> John Irwin
<b>Retired Men's Club</b> Tom Tobin: 781-769-2442	<b>Rotary Club</b> <a href="http://www.norwoodrotary.org">www.norwoodrotary.org</a> LeRoy Kelley: 781-769-3030	<b>Norwood Community Tennis Association</b> <a href="mailto:norwoodtennis@gmail.com">norwoodtennis@gmail.com</a> Kathy Keady
<b>SNARC</b> <a href="http://www.sncarc.org">www.sncarc.org</a> Daniel Burke: 781-762-4001 <a href="mailto:dburke@arcsouthnorfolk.org">dburke@arcsouthnorfolk.org</a>	<b>Stingrays Swim Team</b> <a href="http://www.norwoodstingrays.com">www.norwoodstingrays.com</a> <a href="mailto:norwoodstingrays@gmail.com">norwoodstingrays@gmail.com</a> Jimmy Locke	<b>Women's Community Committee</b> <a href="http://www.norwoodthriftshop.com">www.norwoodthriftshop.com</a> 781-762-2991

## March 2016

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Presidential Primary Election 7am-8pm	2	3	4	5 Happy Birthday, Dr. Suess Norwood Recreation Dept
6	7	8	9	10	11	12 Easter Egg Hunt & Norwood Community Wellness Fair NHS
13	14 Spring Classes Begin	15 Last Day to Register to Vote for Town Election	16 CPR Norwood Recreation Dept	17	18 Flashlight Egg Hunt Balch Field	19
20	21	22	23 First Aid Norwood Recreation Dept	24 Egg-cellent Egg Dying Norwood Recreation Dept	25 Good Friday Half Day	26
27 Easter Sunday	28	29	30	31		

## April 2016


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> Town Election 7am-8pm  Walk to Work Day	<b>5</b>	<b>6</b>	<b>7</b> World Health Day	<b>8</b>	<b>9</b>
<b>10</b> Golfers Day	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> National Park Week
<b>17</b>	<b>18</b> Patriots Day Civic Closed	<b>19</b> Behn Basketball Clinic Norwood Recreation Dept	<b>20</b> F.A.S.T. Sport Norwood Recreation Dept	<b>21</b> F.A.S.T. Sport Norwood Recreation Dept	<b>22</b> F.A.S.T. Sport Norwood Recreation Dept	<b>23</b>
						
	<b>25</b> National Penguin Day	<b>26</b>	<b>27</b>	<b>28</b> Take Your Daughter to Work Day	<b>29</b> Arbor Day	<b>30</b> Fishing Derby & Rubber Duck Race Hawes Pond

**Norwood Bank***You count.*

# May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 National Teachers Day	4 Star Wars Day	5	6 Mother's Day Sweetheart Dance Norwood Recreation Dept.	7 Mother Daughter Princess Tea & T-ball Starts Norwood Recreation Dept.
8 Mothers Day	9 Annual Town Meeting	10 Block Rehearsal: SOD	11 Dress Rehearsal: SOD	12	13	14 Sportsman Fishing Derby Touch A Truck: Municipal Lot SOD Recital
15	16	17	18	19	20	21 Armed Forces Day
22	23	24	25	26	27	28
29	30 Memorial Day Civic Closed	31				

# June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 National Doughnut Day NHS Class Day	4
5 NHS Graduation Day	6 National Yo-Yo Day	7	8	9	10	11
12	13	14 Farmers Market Opens	15	16	17	18 Go Fishing Day
19 Fathers Day	20	21	22	23	24 Take Your Dog to Work Day	25
26	27 Summer Playcamp & Aquatics Begin! Session 1: Safari Week Summer Tots Summer Tennis Program	28	29	30		



# July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Independence Day Civic Closed	5 Challenger Session 1 Session 2: Holiday Week	6	7	8	9
10	11 Session 2: Aquatics Session 3: Mad Science Kiddie Cat Jam & Sports Jam	12 Tennis Nights Starts Track & Field Starts	13	14	15	16
17 National Ice Cream Day	18 Session 4: Hollywood Wk Flag Football Summer Tots Session 2: Challenger Karate Camp	19 Field Hockey Clinic	20 Field Hockey Clinic Norwood Family Flick: FM	21	22	23
24	25 Session 5: Carnival Week Tball & Just for Girls Summer Art	26	27	28	29 Day of Hope Carnival: Hawes	30
31						

# August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 session 3: Challenger Session 6: Olympic Week	2	3	4	5	6
7	8 Session 7: Game Show Wk Kiddie Cat Jam & Sports Jam Session 4: Aquatics	9	10	11	12	13
14	15 Session 8: Superhero Week Floor Hockey Summer Tots Karate Camp	16	17	18	19 Projected Last Day at FM Mud & Foam Day: FM	20
21	22 Basketball Summer Volleyball Clinic	23	24	25	26	27
28	29	30	31			
						